




NBRC Gym Schedule

JANUARY

1/9/2015



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Open Gym 6:00-7:30	Open Gym 6:00-8:00	Open Gym 6:00-7:30	Open Gym 6:00-8:00	Open Gym 6:00-7:30	Open Gym 6:30-8:30	
6:30am							
7:00am							
7:30am	Drop-in Fit For Life 7:30-8:30	Drop-in MRT 8:00-8:45	Drop-in Fit For Life 7:30-8:30	Drop-in MRT 8:00-8:45	Drop-in Fit For Life 7:30-8:30	Drop-in Grp Power Wrkt 8:30-9:30	Open Gym 7:30-8:30
8:00am							
8:30am							
9:00am	Drop-in Pickleball 8:30-10:30	Drop-in Pickleball 8:45-10:30	Drop-in Pickleball 8:30-10:30	Drop-in Pickleball 8:45-10:30	Open Gym 8:30-10:30	Gonzo 9:30-12:00	Drop-in CoEd Volleyball 8:30-12:30
9:30am							
10:00am							
10:30am	Drop-in Fit For Life 10:30-11:30	Open Gym 10:30-1:00	Drop-in Fit For Life 10:30-11:30	Open Gym 10:30-1:00	Drop-in Fit For Life 10:30-11:30	Open Gym 9:30-3:00	
11:00am							
11:30am							
12:00pm	Drop-in Adult Basketball 11:30-1:30	Drop-in Senior Basketball 1:00-2:30	Drop-in Adult Basketball 11:30-1:30	Drop-in Senior Basketball 1:00-2:30	Drop-in Adult Basketball 11:30-1:30		Open Gym 12:30-1:45
12:30pm							
1:00pm							
1:30pm	Open Gym 1:30-2:30	Open Gym 1:30-4:30	Open Gym 1:30-4:30	Drop-in Youth Basketball 2:30-5:00	Drop-in Youth Basketball 2:30-5:00	Gonzo Tennis 3:00-4:30	Gonzo Tennis 1:45-4:15
2:00pm							
2:30pm							
3:00pm	Drop-in Youth Basketball 2:30-5:00	Drop-in Youth Bball 2:30-5:00	Gonzo 2:30-5:00	Open Gym	Open Gym	Open Gym	
3:30pm							
4:00pm							
4:30pm	Setup	GPW 5:15-6:00	Drop-in HIIT 5:30-6:15	GPW 5:30-6:15	Open Gym 5:00-7:30	Open Gym 4:30-3:00	Open Gym 4:15-8:00
5:00pm							
5:30pm							
6:00pm	Drop-in HIIT 5:30-6:15	WW 6:00-7:00	Takedown	Wmns Wrkout 6:00-7:00			
6:30pm							
7:00pm							
7:30pm	Kickball 7:00-10:00	BAC Vball 6:30-9:30	Open Gym 7:00-9:30	Drop-in Adult Basketball 7:00-9:00	Youth Volleyball 7:00-10:00		
8:00pm							
8:30pm							
9:00pm			Open Gym				
9:30pm							



BAC Vball 5:00-7:00 1/18, 25 only



GYM SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME

For more information call 303-413-7260 or go to [Http://www.boulderparks-rec.org](http://www.boulderparks-rec.org)

BAC Vball
5:00-7:00
1/18, 25 only